



December 1st, 2017

Dolomites High Route #1 – “Alta Via Uno” Hut Trek in the Dolomites, Italy
8 Days (6 Days trekking)

*Custom Trip Proposal for the Michael Nelson and the Kaktuskickers,
Prospective date Sept 3 – 10, 2018*

Suggested Program:

Dolomites – a name that stands for unsurpassed scenic contrasts: Stunning limestone towers above quaint mountain villages and green valleys. Although part of Italy, this region is where Austrian (Tyrolian) and Italian cultures overlap, which makes for a riches in history and culture.

This suggested itinerary follows the Dolomites High Route Number 1 (Alta Via Uno), which leads in about 8 days of hiking through the central Dolomites from the northern most corner (Pragser Wildsee / Lago di Praies / Lake Prags) to the town of Belluno in the south. In order to sample the most exciting terrain for a trip duration of 6 days, we have opted to cut one day at the front end and two days at the back end from the original itinerary. This will also keep transport logistics simpler and thus taxi cost in check.

Given the most central routing through the heart of the Dolomites, we believe the “numero uno” offers the best scenery of all 15 designated “High Routes” in the Dolomites with magnificent views of most of the highest peaks of the Dolomites including close ups of the Marmolada, Tofana and Civetta. Unlike most other of the Dolomites “Alta Vias”, this itinerary entirely avoids more technical via ferrata trails or glaciers and is therefore also suited for competent self-guided parties, who are capable of navigating with maps and able to negotiate the daily distances even in adverse weather conditions. The itinerary stays at a high level and rarely dips below tree line maintaining excellent views and avoiding large descends, especially when using the gondola to descend from the Lagazuoi Hut on the 3rd hiking day.

Since all the huts chosen for this traverse offer excellent and authentic food as well as wool blankets or duvets for sleeping, your backpack will remain very manageable. Many of the huts are more like mountain lodges: They feature running water, some of them even warm showers and double or 4-bed rooms.

The last hiking day will be spent in the Sexten Dolomites with a loop trip around the Tre Cime / Drei Zinnen, one of the quintessential postcard images of the Dolomites!

673 #F d q | r q #F or v h # ~ #F d q p r u h # ~ #D oe h u w d # Û #w 4 z #5 H 6 # ~ #F d q d g d
40; 33 #0#8390#: 4 : : #r u#+736 , #9 : ; 05 : 4 : #
m r u j C r q w r s p r x q w d l q h h u l q j l f r p # ~ z z z l r q w r s p r x q w d l q h u u h l q j l f r p #

The itinerary also leaves some room to adjust the program on a daily basis, should the preferences of the group change or the weather not comply. Each of the huts used can be reached from the road within 1-2.5 hrs hikes, the Lagazuoi Hut can also be reached by gondola.

In order to get an impression about the type of terrain you will be travelling and the huts you will be staying in, please refer to the slide show for our "Best around Cortina" Hut Trek at <http://ontopmountaineering.com/trips/trek/europe/self-guided-cortina-dolomites-hut-trekking/> .

Suggested Lodging in Cortina:

For the nights spent in Cortina, we include hotel lodging with breakfast in one of our two 3 star partner hotels – both of them located downtown Cortina within close walking distance to shops and restaurants:

Hotel Panda <http://www.hotelpandacortina.it/en/home.aspx> or
Hotel Columbia <http://www.hcolumbia.it/>

Alternatively, we can also offer a lodging upgrade to a 4 star hotel downtown Cortina at a higher price:

Hotel Ancora, Cortina D'Ampezzo www.hotelancoracortina.com/

Suggested Huts / Mountain Lodges

Following are links to the huts and mountain lodges that we have selected for your trip in sequence with the suggested daily itinerary:

Rifugio Lavarella Hut: http://www.lavarella.it/start.php?page_id=27&lang_id=3
Rifugio Lagazuoi: <http://www.rifugiolagazuoi.com/indexUK.php>
Rifugio Croda da Lago Hut:
<http://www.dolomiti.org/dengl/Cortina/laga5torri/ospitalita/CrodaDaLago/index.html>
Rifugio Coldai <http://www.hotelbarance.com/en/coldai.html>

Should lodging in private rooms and the availability of showers be imperative for you, we can modify your itinerary to include huts / lodges that offer such amenities, however, we find it does come with some sacrifices in the quality of the itinerary.

Suggested Day to Day Itinerary:

Please note that this itinerary description is very rudimentary and kept short on purpose. For your actual trek we will supply you with a very detailed trip description, which also lists alternatives to the main itinerary, should you decide to shorten or want to extend days in order to arrive at your destinations. We will also supply you with a map indicating your itinerary with the daily alternatives.

Day 1:

Arrive in Cortina D'Ampezzo either by public transportation. We recommend to fly either into Munich or Venice, from where there are excellent train / bus connections to Cortina with Venice being a bit quicker. Settle into the Hotel and sightseeing in town.

Day 2:

Cortina – Val Fanes or Ra Stua – Lavarella Plateau – Lavarella Hut

Pick up by our taxi driver at 9 AM at our B&B. 20 min taxi ride to the Malga Ra Stua (high pasture farm with restaurant, road only open to licensed taxis).

Climb to the Fodara Hut and cross the Sennes Plateau, then steep descend on a WW1 road to the Pederue Lodge for lunch. In the afternoon climb into the beautiful hanging valley of the Lavarella Hut for lodging. Total distance / vertical: Approx 15km (9 mi) and 750 meter (2460 ft) vertical ascent and 400 meters (1300 ft) descent, about 6-7 hrs of hiking.

Day 3:

Lavarella Hut – Forcella del Lago – Lagazuoi Lake – Lagazuoi Hut – WW1 Tunnels in the South Face of the Lagazuoi

Beautiful trail through the Fanes High pasture farm and climb into the Forcella di Lago, a narrow notch between two impressive rock towers. Descend steeply to the Scotoni Lake and along remnants of Austrian WW1 positions to the summit of the Lagazuoi for lodging in the Lagazuoi Hut, which offers some of the best views in the Dolomites right off your dining table. Showers available. Approx. 13 km (8.2 mi) distance, 1040 meters (3400 ft) vertical climb, 350 meters (1150ft) vertical descent.

In the afternoon, we recommend either to climb to the summit of the Lagazuoi or to visit the extensive network of the WW1 tunnels in the south face of the mountain, which are set up as an “adventurous” open air museum. Helmets and headlamps necessary!

Day 4:

Lagazuoi – Falzarego Pass – Cinque Torri – Nuvolau Hut – Passo Giau – Croda da Lago Hut:

Descend either by trail, WW1 tunnels or quicker by Gondola to the Falzarego Pass. From there a beautiful high level trail will take us in about 2 hrs to one of the best view points of the Dolomites, the Monte Nuvolau for an early lunch at the summit hut. Hut keepers Joanne and Mansueto are always happy for English speaking guests. Stunning views of the entire itinerary of the next days to come as well as the Marmolada with it's north facing glacier in the distance. A quick descent takes us to the Passo Giau and on to the Rifugio Croda da Lago in about 3.5 hrs. Once again the setting for this rifugio is remarkable as it looks at the long wall of the Croda di Lago, right next to a beautiful mountain lake. Approx. elevation gain: 3,470'; Elevation loss: 3,022' or 887' depending on option after lunch. Distance: about 6 miles; Time: 5 ½ - 7 hours.

Day 5:

Croda da Lago Hut – Passo Staulanza – Coldai Hut

Long day! Our trail leads us over lush alpine meadows, perhaps spotting some wild edelweiss, and below the rocky towers of Monte Formin and Monte Cernerera, with Monte Civetta and Monte Pelmo in the distance. The last part of the day leads below Pelmo's north face, (which is 3,300' straight up to the top at 10,454',) to Passo Staulanza (road

access). From Passo Staulanza, we join a popular trail and climb to the shoulder of Monte Coldai, which lies at the edge of the famous Monte Civetta (10,620') for lodging in the Coldai Hut, which is spectacularly located close to the Coldai Lake. Elevation gain: 3,100'; loss: 2,805'; Distance: 10 miles; Time: 7 hours.

Day 6:

Coldai Hut – Tissi Hut – Vazoller Hut – Trieste Hut or Passo Duran

We continue to the Col Negro di Coldai, which looks over at the towering west face of Monte Civetta. This "wall of walls" extends for over 4 miles! We descend to the val Civetta over the Col Rean, through beautiful, open, green meadows and to the narrow valley of Val Corpassa. Our route takes us right below the sheer rock faces of the Torre Venezia and the Torre Trieste, both rising some 2,000' feet. Perhaps we will see some climbers ascending these impressive towers. We pass by the Rifugio Vazzoler (5,656') for lunch. A casual descend through the mountain forest takes us back down to the Rifugio Trieste where we will be picked up by our taxi to drive back to Cortina (takes about 1.5 hrs). Elevation gain: 1,500'; loss: 3,600'; Distance: 7 miles; Time: 6 hours walking, 1.5 hrs driving back to Cortina.

Should you have more energy that day, you could add another climb and three hours of hiking to climb back up to the Carrestiato Hut and eventually to the Passo Duran (Road access) for pick up by our driver.

Day 7:

Sexten Dolomites: 25 minutes drive to Misurina and on to the Auronzo Hut. Loop hike around the Paternkofel / Monte Paterno and the Drei Zinnen / Tre Cime with lunch at the Buellelejoch Hut. There are many possible variations for this day but the view of the north faces of the Tre Cime should not be missed!

Day 8:

Departure after breakfast.

Services Included in the Total Price:

- All trip organization, reservations as well as assistance with all pre- and post trip preparations.
- Detailed itinerary description and a topographical map of the area with the hiking itinerary marked.
- Lodging. 4 nights in huts and mountain lodges with multiple beds (at times also bunk beds)
- 3 nights double rooms with ensuite bathroom in a 3 star hotel in Cortina
- Dinners and breakfast in the huts / mountain lodges. Dinner consists usually of a three or four course meals ("mezza pensione") starting out with pasta or soup, a meat entree and dessert or cheese. Vegetarian meal preferences can be accommodated. Breakfast usually includes a hot beverages, bread and jam, often also ham, cheese and muesli / cereal).
- Taxi shuttles from Cortina to trailheads and back

Not Included in the Total Price Are (but can be quoted):

- Air Fares
- Lunch (lunches can be bought in huts and we usually bring pic-nic supplies)
- Drinks
- Dinners for three nights while lodging in Cortina
- Taxi pick up and drop off in an 8 passenger-mini bus at Venice International Airport (Marco Polo) but see below for quote.
- Any additional cost related to itinerary changes

Price / Participant

US\$ 1340 / person

Prices for our self-guided Dolomites Hut Trek are based on groups of two participants. For groups of 3 we offer a 5% discount, groups of 4: 10% discount, groups of 5: 15% discount, groups of 6: 20% discount, groups of 7: 25% discount, groups of 8: 28% discount.

Pricing Options for additional Services:

Private transfer from Venice (about 2 hrs of driving): Depending on group size Euro 280 to 360.

Cortina Express Bus from Venice Airport or Venice Mestre Train Station: Euro 26 / person (departs 4 times per day in high season)

Fully certified, multi-lingual mountain guide including guide expenses: Euro 410 / day

Equipment rental should you decide to do a via ferrata trail (only with one of our guides): Euro 15 / person / day.

Thank you for the opportunity to provide you with this proposal. Please do not hesitate to ask any questions you may have!

Cheers,

Jorg Wilz
Mountain Guide (UIAGM / IFMGA)
Owner